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EAGLES FANGIRL FASHION

Female football fans — look no further for the perfect game-day look. 13

Sicko stepfather recounts 'rape fantasy' in Grace Packer case. 6

Comparing the 2005 Super Bowl to this year's match-up. 18

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'I JUST SIGNED YOUR DEATH WARRANT'

Disgraced US Gymnastics doctor Larry Nassar sentenced to 40 to 175 years in prison by Michigan Judge Rosemarie Aquilina for sexually abusing more than 150 young athletes. 4

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JOE PANTORNO, SPORTS EDITOR

Former United States Gymnastics doctor Larry Nassar was sentenced to 40 to 175 years in prison for criminal sexual conduct in which he abused over 150 women and girls during his two-plus decade tenure with the national team. His sentencing on Wednesday was the conclusion of an emotional seven-day hearing that included 168 impact statements from his victims. For more, turn to page 4 and also visit **metro.us.**

DEMOCRATS DRAFT OWN MEMO IN PARTISAN SPAT

1 House Intelligence Committee Democrats have drafted their own memo about the investigation of Russia and the 2016 U.S. election, after calls for the release of a Republican memo critical of special counsel Robert Mueller's criminal probe, the panel's ranking Democrat said on Wednesday. Amid growing partisan rancor over the investigation of possible collusion between President Donald Trump's campaign and Moscow, many of Trump's fellow Republicans have been clamoring for the release of a classified memorandum commissioned by Republicans, which they say shows anti-Trump bias at the Department of Justice. Democrats have criticized that memo as "highly misleading" talking points intended to undermine the investigation led by Robert Mueller into Trump and his associates.

CHINA'S ILLEGAL OPIOIDS ARRIVE VIA USPS: PROBE

2 Illegal shipments of the powerful and addictive opioid fentanyl are pouring into the United States by mail from China, and the U.S. Postal Service must step up the use of high-tech detection methods to fight the problem, according to a congressional report unveiled on Wednesday. A yearlong probe by a Senate Homeland Security and Government Affairs investigation subcommittee found there is easy access for buyers in the U.S. to purchase fentanyl, often in relatively large quantities, through the internet. The drugs are mailed by "labs" in China to individuals who consume them or to middlemen who dilute them for resale. According to the report, the Postal Service has failed to widely deploy a system to capture "advanced electronic data" about packages, which would help identify suspicious mail.

5 THINGS YOU NEED TO KNOW

FLOODED RIVER SEINE IN PARIS

3 A general view towards "Le Zouave" along the rain-swollen River Seine as water levels increased on Jan. 24, 2018, in Paris, France. The capital's authorities said the river could pass the 20-foot level of 2016, the highest mark in over a century, which caused the Louvre and other riverside museums to protect their belongings and property.

GETTY IMAGES

STARBUCKS TO BOOST PAY AND BENEFITS

4 Starbucks Corp. will use some of the savings from the new U.S. corporate tax cuts to give domestic employees pay raises, company stock and expanded benefits with a combined worth of more than $250 million, the company said on Wednesday. With the announcement, the world's biggest coffee chain joins companies like Walmart, Apple Inc., Comcast Corp. and American Airlines in sharing tax savings with employees. Starbucks declined to say how much it expected its tax bill to drop under the new plan, and said executives would give details on its earnings call on Thursday. Seattle-based Starbucks said it will give hourly and salaried employees, who received pay raises in January, a second wage increase in April. Starting July 1, all employees will accrue paid sick leave and time to care for ill family members.

AFTER CRITICISM, APPLE UPDATES IPHONES

5 Apple Inc. announced changes on Wednesday that make good on its promise to allow users to turn off a controversial feature that slows down iPhones when batteries are running low, although it signaled it might take months more to deliver. Apple confirmed in December that software in its iPhone 6, 6s and SE models, which deals with dangers from aging batteries, could slow down the phone's performance. The company is facing lawsuits over the issue and Chief Executive Tim Cook said last week that Apple would release a software update to allow users to turn off the feature. The company said on Wednesday a beta version of its iOS 11.3 operating system would add new features to show battery health and recommend if a battery needs to be serviced.

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Former US Gymnastics doctor Larry Nassar gets 175 years in prison

The sentencing comes after a weeklong hearing that saw many of his accusers testify.

JOE PANTORNO
joseph.pantorno@metro.us

Former United States Olympics gymnastics doctor Larry Nassar was sentenced to 40 to 175 years in prison for criminal sexual conduct by a Michigan court Wednesday morning, concluding a weeklong hearing that saw many of his victims step forward and testify.

"I just signed your death warrant," Judge Rosemarie Aquilina told Nassar in the Lansing, Michigan, courtroom. The disgraced former doctor was already sentenced to 60 years in prison in December on child-pornography charges. "Your words these past several days have had a significant emotional effect on myself and shaken me to my core," Nassar said in a final statement. "I will carry your words with me for the rest of my days."

The 54-year-old had pleaded guilty to seven counts of criminal sexual misconduct before the sentencing hearing, which saw 168 impact statements given by his accusers as a part of his plea deal set by Judge Aquilina.

"You are no longer victims. You are survivors. You are very strong," Judge Aquilina said to those who testified.

"You did this for your pleasure and your control," she told to Nassar. "I would not send my dogs to you, sir. … You can't give them back their innocence, their youth. … It was my honor and privilege to sentence you. You do not have the right or privilege to walk outside a prison ever again."

The seven days of testimonies were highlighted by Olympic gold medalist Aly Raisman, who delivered an emotional 13-minute statement.

"You do realize now the women you so heartlessly abused over such a long period of time are now a force? And you are nothing?" she asked Nassar. "I will not rest until every last trace of your influence on this sport has been destroyed like the cancer it is."

Nassar began working with United States Gymnastics in 1986 while completing his osteopathic medical degree at Michigan State University. Ten years later, he was appointed as national medical coordinator of U.S. Gymnastics.

For over two decades, Nassar sexually abused countless gymnasts, most of them minors, as he used his power to take advantage of unassuming patients.

However, in a letter he wrote to the court last week, Nassar again defended his actions and put blame on the victims. Judge Aquilina read aloud parts of that letter Wednesday.

"I was a good doctor because my treatments worked, and those patients that are now speaking out are the same ones that praised and came back over and over," Nassar wrote in the letter. "The media convinced them that everything I did was wrong and bad. They feel I broke their trust. Hell hath no fury like a woman scorned."

Michigan Assistant Attorney General Angela Povilaitis said in her final remarks the sentencing hearing would be viewed as "a turning point in how our community, our state, our nation, our culture looks at sexual abuse."

In 2016, Rachael Denhollander was the first to come forward to file a criminal complaint accusing Nassar of abusing her from 1994-2000. Denhollander's heroics opened the floodgates for more than 140 women to step forward to accuse Nassar, including Simone Biles, Gabby Douglas and McKayla Maroney.

Former U.S. Gymnastics doctor Larry Nassar was sentenced by an Ingham County court on Wednesday. GETTY IMAGES

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Jacob Sullivan, left, and Sara Packer, right, have been charged with murdering their foster child Grace, 14, center. COURTESY OF THE BUCKS COUNTY DA'S OFFICE

Jailed stepfather wanted victim's rape, murder to be 'fun,' he confesses

SAM NEWHOUSE
sam.newhouse@metro.us

Jacob Sullivan, 43, called abuse a "fantasy" in newly revealed admission.

After being arrested for raping and murdering his 14-year-old stepdaughter along with her mother, defendant Jacob Sullivan, 45, was candid with police about his motives and thoughts on the murder.

The torture and execution was "a weird fantasy kinda thing," Sullivan told police in a 97-minute taped confession played by Bucks County prosecutors at an evidentiary hearing this week ahead of Sullivan's trial, adding: "It was not to be mean. Obviously, it was mean."

Sullivan and wife Sara Packer, 43, are charged with raping, murdering and dismembering Packer's adopted daughter, Grace Packer, inside a Richland Township home in July 2016.

Bucks County prosecutors have said they will seek the death penalty against both adults in the trial, scheduled for September.

It's unclear what prompted Sullivan and Packer to rape and murder the child, but police have said it was a shared fantasy plotted by the couple since 2015.

Sullivan said he thought Grace would enjoy it, describing her as a "very sexual person" in the alleged confession, which his lawyers want thrown out, saying he was not "mentally fit" at the time he spoke to police.

"I didn't want this to make it just a terror show for her," Sullivan told police, according to the Morning Call newspaper. "I wanted to make sure she had some fun."

The demented plot was enacted when the couple brought Grace to the home on July 8.

Sullivan told police he began punching her as he brought her in the house, causing her to bleed, then brought her upstairs to rape her as Packer watched.

Packer allegedly left to buy painkillers, returned and gave them to Grace, telling her it was for the pain, with the secret intention of overdosing the girl. They allegedly both confessed to leaving her bound in a hot attic closet, expecting her to die from the heat or the pills.

When the couple returned a day later and found her still alive, Sullivan said he strangled her to death before dismembering her body using bow saws and hiding it in kitty litter packed with moth balls. Sullivan allegedly compared the dismemberment to carving a 20-pound turkey in his confession to police.

Packer, who was caught on video buying the saws allegedly used to dismember Grace, reported the girl missing to authorities a few days later.

Sullivan and Packer moved Grace's remains to woods in Bear Creek Township, Luzerne County, where they were discovered by hunters in October, leading to criminal charges against the couple.

Both Sullivan and Packer attempted to kill themselves in December after the body was identified.

Grace's rape and murder wasn't the child's first exposure to abuse after being placed in foster care. She was removed from her birth parents' custody at age 3 and housed with other foster children living with Sara and her then-husband, David Packer. David Packer was convicted of sexually abusing Grace and another child, but despite those and allegations of abuse by other children, Grace remained in the home.

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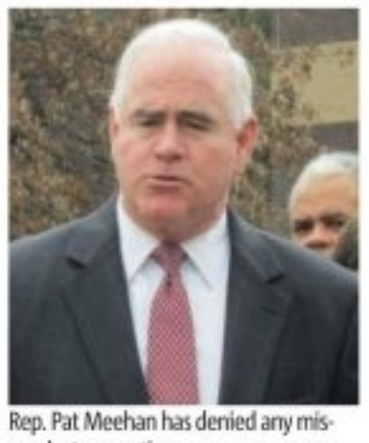
Rep. Meehan denies harassing 'soul mate'

SAM NEWHOUSE
sam.newhouse@metro.us

The Pennsylvania Republican acknowledged his relationship but said he will not step down.



Rep. Pat Meehan has denied any misconduct accusations. REP. MEEHAN'S OFFICE

U.S. Rep. Pat Meehan is speaking out to deny any misconduct after a New York Times report that he used his Congressional funds to settle a former female staffer's sexual harassment complaint got him removed from the House Ethics Committee.

Facing midterm elections in November, Meehan (R-7th Dist.) told the Delaware County Daily Times that he was never accused of touching, making "passes" or talking about wanting a relationship with the woman.

Meehan, 62, who is married and has three children, claimed he told the woman — whom he described as a "gatekeeper" at his office — that he had feelings for her and considered her a "soul mate," but he did not want a relationship and was happily married, he told the Philly Inquirer.

The alleged victim's lawyer told The New York Times that she was the subject of pressure and anger from Meehan, who she says was jealous of her relationship with another staffer at the office, that made her continued work there "untenable," prompting her to file a harassment complaint through Congress.

Meehan told the Delco Daily Times that government counsel approved the use of taxpayer dollars for the settlement. The exact payment was not disclosed but was reportedly in the thousands.

He also made clear he does not consider himself guilty of sexual misconduct.

"If an expression that I was trying to make sure that I didn't cross a boundary and a letter that supports a new relationship can be conceived to be serious sexual harassment," he told the Daily Times, "then I think that we're crossing a line, and that appears to be a big part of how we got here today."

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Why online commentator Mike Cernovich's popularity could grow

Mike Cernovich is an online commentator who is one of the most prominent voices of the so-called alt-right movement. He started the website Danger & Play to advocate for the "men's rights" movement, and during the 2016 election, he became a supporter of Donald Trump and a shouty conspiracy theorist via social media and his YouTube channel.

During the presidential campaign, Cernovich was one of the primary propagators of "Pizzagate," a hoax circulated through social media claiming that presidential candidate Hillary Clinton and her campaign manager, John Podesta, were secretly involved in a pedophile ring run out of a Washington pizza restaurant.

Cernovich, who doesn't consider himself a member of the alt-right and prefers the term "American nationalist," is widely reviled for his sexist and racist views. He frequently rails against "cucks," the alt-right term for men who aren't conservative enough. In his 2015 dating-tips book, "Gorilla Mindset," he advocated that women submit to "dominant alpha males" and said that "date rape is a liberal fiction."

Mike Cernovich is an online political theorist. TWITTER / @CERNOVICH

Cernovich also has a significant fan base. On Jan. 23, he attracted 700 attendees to a party he organized in New York City called "A Night for Freedom." As other major alt-right stars have imploded — Steve Bannon fired from Breitbart and Milo Yiannopolous defunded by his powerful backers — Vanity Fair speculated Jan. 24 that Cernovich has the following to fill the vacuum: "Absent Bannon and his protégé [Yiannopolous], Cernovich was the last person on the right with the influence to pull off a convocation of trolls."

Among other conspiracy theories Cernovich has circulated: He has claimed that Hillary Clinton has Parkinson's Disease, that the Democratic Party is trying to assassinate him and that most people in the media and all A-list actors are pedophiles.

Cernovich is married to his second wife and has an infant. He lives in the basement of his second wife's parents' home. MICHAEL MARTIN

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Mushroom coffee seems to only be available in instant form right now, so you probably won't like it if you're not a fan of instant brews. ISTOCK

Why is everyone adding mushrooms to their coffee?

MEAGAN MORRIS
letters@metro.us

We break down the health benefits, how it tastes and more.

Mushrooms might be a tasty addition to pizzas, pasta sauces and Philly cheesesteak sandwiches, but would you drop a few of them into your morning cup of coffee?

It might seem a bit absurd, even in today's butter-coffee-obsessed world, but mushroom coffee is being touted as the next big thing in wellness.

Is mushroom coffee good for you?

Four Sigmatic — the main company behind the mushroom coffee craze — makes their brews from four different types of mushrooms: Reishi, cordyceps, chaga and lion's mane. These mushrooms (like all mushrooms) contain vitamins and nutrients like selenium and vitamin D, along with fiber, protein and antioxidants. Mushrooms are also said to help improve overall health by reducing stress, increasing focus and aiding weight loss.

Four Sigmatic claims the same benefits in mushroom coffee with less caffeine and jitters.

"With mushroom coffee, I feel energized and alert without feeling anxious, restless, or experiencing an accelerated heart rate," Joanna Townsend wrote in a piece for Fast Company of her monthlong experiment drinking it. "I feel grounded, too, and even find myself sleeping quite well, even on days when I have a cup of coffee at 3 or 4 p.m., which usually would have sabotaged my 10 p.m. bedtime and delayed my ability to fall asleep until well after midnight."

She also didn't experience the same "digestive discomfort" of regular coffee.

The downside: Medicinal mushrooms (like chaga) are known to have blood-thinning effects, so you shouldn't take them before surgery or if you're already on blood-thinning medication.

How does mushroom coffee taste?

Full disclosure: We haven't tried it yet, but fans rave about the fungi caffeine — and they even claim it doesn't taste like you're drinking pureed mushroom.

"It doesn't taste like mushrooms at all, and the prep is the same as regular coffee," Townsend wrote, adding that the mix of mushrooms are grounded into a powder.

"It's not that bad," Joe Avella said in a Business Insider video, adding that he sometimes added a splash of cream to add to the taste. Some of his colleagues weren't fans, claiming it tasted "like coffee that had been sitting out for a while."

Mushroom coffee seems to only be available in instant form right now, so you probably won't like it if you're not a fan of instant brews.

Your best bet is to eat your mushrooms in their whole form in a salad, slice or sandwich. And if you have health concerns, it's best to talk to your doctor before plunking down cash for a morning mushroom fix.

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SANCTUARY CITIES

Trump administration demands documents from sanctuary cities

President Donald Trump's administration on Wednesday escalated its battle with so-called sanctuary cities that protect illegal immigrants from deportation, demanding documents on whether local law enforcement agencies are illegally withholding information from U.S. immigration authorities.

The Justice Department said it was seeking records from 23 jurisdictions — including America's three largest cities, New York, Los Angeles and Chicago, as well as three states, California, Illinois and Oregon — and will issue subpoenas if they do not comply fully and promptly.

The administration has accused sanctuary cities of violating a federal law that prohibits local governments from restricting information about the immigration status of people arrested from being shared with the U.S. Immigration and Customs Enforcement (ICE) agency.

Many of the jurisdictions have said they already are in full compliance with the law. Some sued the administration after the Justice Department threatened to cut off millions of dollars in federal public safety grants. The cities have won in lower courts, but the legal fight is ongoing.

The Justice Department last year threatened to withhold certain public safety grants to sanctuary cities if they failed to adequately share information with ICE, prompting legal battles in Chicago, San Francisco and Philadelphia. REUTERS

Amber & Elon are back on... again

Your favorite on-again, off-again couple is back on: Amber Heard and Elon Musk have reportedly reunited again. Ugh.

After splitting in August due to "conflicting schedules" — sure! — Heard and Musk were spotted holding hands at dinner in L.A. on Monday. A few moments later, a source confirmed to Page Six that they are, and we quote, "together at the moment." Man, they say romance is dead, and we're pretty sure this is just proof.

Fact is, though, Musk is just a thirsty dude. He told Rolling Stone in November that he can't be happy unless he's in a relationship. Uh.

"If I'm not in love, if I'm not with a long-term companion, I cannot be happy," he said. "I will never be happy without having someone. Going to sleep alone kills me."

Musk, honey. You gotta love yourself before you love anybody else, babe! That's like Self-Care 101. Get into it, my dude.

Ugh, these two.

How Harry & Meghan met

Beautiful, famous people: they're just like us! Kind of.
ALL PHOTOS GETTY IMAGES

Turns out Prince Harry and Meghan Markle are closer to human than we thought. Aw, man.

Meghan and Harry had admitted previously that their first meeting was thanks to a mutual friend who played matchmaker. Now, E! News reports that the secret matchmaker is no other than the excessively named Violet von Westenholz, Harry's childhood friend — and the daughter of a baron, naturally.

A source tells E! News that Violet and Meghan had become friends through Violet's PR work with Ralph Lauren. And when Harry told Violet that he was having trouble finding the one, Violet said she might just have the perfect girl for him. And the rest is, as they say, history!

We're just wondering if we could meet up with Violet and confide in her our fears and worries and get set up with a really photogenic, really charming person. Call us, Violet! Please, for the love of Dumbledore. Call us.

the word

Ann Curry slams Megyn Kelly

Yas, queen!

Ann Curry is still on her "I'm not having that" tour and we are all the way here for it.The latest? Curry guest-hosted "The View" and touched on the blossoming feud between Jane Fonda and Megyn Kelly. Kelly took a bunch of time out of her show earlier this week to slam Fonda and make things hashtag personal — because Kelly apparently forgot she now works for "Today" and not Fox News.

Curry — who is like, a mature, actual journalist and normal human being — is decidedly #TeamFonda. "We're supposed to be humble," she said. "We're supposed to use whatever time we're given to shine a light on other stories.

"There are so many stories that we're not covering," she continued. "And to take time with this … is not journalism." IS. NOT. JOURNALISM. Yas!

But seriously: More Currys in the world, please. For every Lauer who is fired, may there be tens of Currys coming to our rescue.

Darren Aronofsky moves on

In November, news broke that Darren Aronofsky and Jennifer Lawrence had split after a year — and a challenging press tour for "Mother!" — together. Now, it's January. A new year. A new Aronofsky. So naturally, the 48-year-old director is flitting about Sundance with a new young blonde on his arm: 26-year-old Suki Waterhouse.

Aronofsky and Waterhouse — one of those people that the upper echelons of some intense PR firm keep trying to make "happen" — were spotted braving the icy terrain of Park City, Utah, on Tuesday. And let me be the first to tell you: They were standing very close together, so you know what that means. They're not cold, they're in love!

Waterhouse, a model and apparently an actress, has been linked to the likes of Diego Luna and Bradley Cooper.

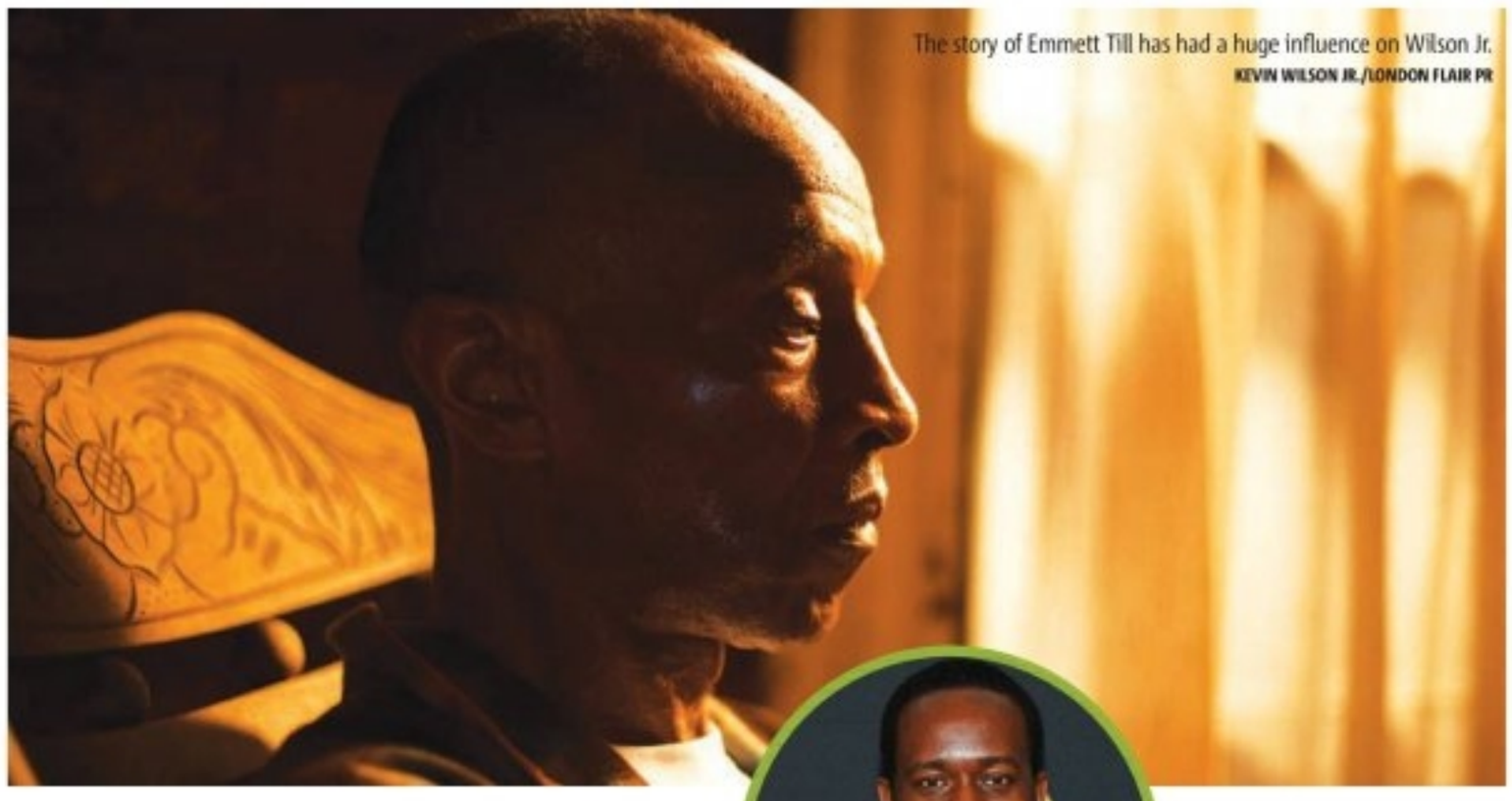
Um, good luck, I guess? Not really sure what Aronofsky's pull is with these young ladies, but I suppose some things are just meant to be a mystery.

Well, that was quick.

What's it really like to be nominated for an Oscar?

Metro chats with first-time nominee Kevin Wilson Jr. about his short film, "My Nephew Emmett."

GREGORY WAKEMAN
Gregory.Wakeman@metro.us



The story of Emmett Till has had a huge influence on Wilson Jr.
KEVIN WILSON JR./LONDON FLAIR PR

Kevin Wilson Jr. has probably lost count of the amount of times he's said "thank you" over the past 24 hours.

The 28-year-old writer and director has received an Academy Award nomination for his live-action short, "My Nephew Emmett." Wilson directed the film, which tells the story of the kidnapping and lynching of Emmett Till in 1955 Mississippi from the perspective of his guardian and uncle, Mose Wright.

The young filmmaker, who's part of the New York University Graduate Film Program, insisted that this nomination was never targeted. "It's not really for personal recognition," he says over the phone. "The goal for us was to get it seen by as many people as possible. The story is so important to the conversation of equality in America, and justice."

Till's death has played a huge part in shaping Wilson's life and career. Born and raised in North Carolina, the self-described "Southern boy" recalls being told the story of Till's lynching at age 5 — and how the image of Till's mutilated body stuck with him for years. So much so that his first play at North Carolina A&T revolved around Till's tragic story.

When it came to make a short, Wilson was inspired by becoming a father — and changed the perspective to that of Till's guardian, Mose, who helplessly watched as his beloved charge was taken from his home in the middle of the night. "I wanted to explore that feeling of helplessness that a parent or guardian feels when they have to give their child or relative to a person that they know is going to do them harm," he says. "There was a certain sense of fear or despair that comes with that."

GETTY IMAGES

And now he's here, soaking in the congratulations and preparing for his first time as an Academy Award nominee. But the biggest question he has for the Academy is a pretty simple one — how many friends and family can he bring along to the March 4 ceremony?

"I'm taking my wife and my mom," he says. "I don't know how many tickets they give you! I would like to take my stepdad, too."

Whoever ends up going, Wilson can rest assured that the trio, and countless others, are proud and grateful to him for bringing such a vital film like "My Nephew Emmett" to life.

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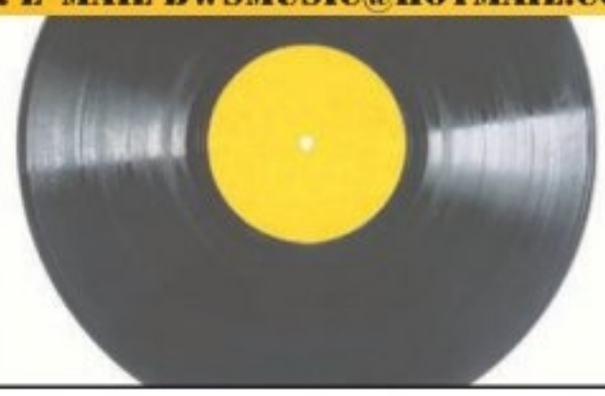

Get Super Bowl chic on East Passyunk Ave.

Designer Nicole Rae Styer reimagines Eagles gear.

JENNIFER LOGUE
jennifer.logue@metro.us

In less than two weeks, the Philadelphia Eagles will be playing Super Bowl LII, but do you know what you're wearing?

While most are perfectly content with rocking our Eagles jerseys, T-shirts and hats in their original form, some of us (ladies) could use a little more flair, and that's where Nicole Rae Styer of East Passyunk's NRS Boutique comes in.

"All the Eagles and sports tees you get are boxy," Styer says. "They have no shape and are just basic. No one wants to be basic. Female Eagles fans want something different and stylish — something that they look cute in while tailgating and watching the game."

Styer specializes in deconstructed designs, where she takes existing Eagles wear and gives it new life.

"I love finding a good vintage base to work with," she says. "I then reverse the dye and start cutting. The lace up style is very popular."

If clients doesn't see the shirt they want, Styer can do custom work on T-shirts and other items they bring in.

"A lot of customers have been bringing their boring tees in for me to restyle for them," she says. "My designs are all one of a kind. They stand out in the crowd — all unique, girly and edgy!"

The designer hails from Reading and graduated from the University of the Arts, beginning her fashion career deconstructing various vintage pieces.

"I started my business in college, wholesaling to boutiques and even showed a few times at New York Fashion Week," she says. "It all started from a vintage slip that I found. I tie-dyed it and added embellishments."

Since the big game is on a Sunday night, business has been booming even more than usual for Styer and she couldn't be happier.

"During halftime, my phone started ringing and my social media was blowing up. I even have orders from Eagles fans who live in Arizona and California," she says.

At the store, you can find deconstructed tees, hoodies and sweatshirts and Styer says by the end of the week, she'll have more distressed Eagles hats.

"Living in Philly, you pretty much bleed green," she says. "And having my shop on East Passyunk Avenue in South Philly — there's no other team to love but the Eagles!"

NRS Boutique is located at 1822 East Passyunk Ave.

For more information, visit: instagram.com/nrs-boutique.

Nicole Rae Styer makes fashion-forward Eagles apparel on East Passyunk. SOCIETY HILL FILMS

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BOOKS

Prize-Winning Cartoonists vs. Trump

Pulitzer-winning editorial cartoonist Ann Telnaes, alongside Philly cartoonist Dwayne Booth, talk about two books centered around the bizarro-land of America in the days of Trump. Telnaes shares pieces from her book "Trump's ABC," written with rhymes and ink lines, and Booth discusses his book ,"And Then the World Blew Up," with illustrations and personal essays as a response to the political climate. **Jan. 27, 6 p.m.**
Big Blue Marble Bookstore
551 W. Carpenter Lane
bigbluemarblebooks.com Free

THEATER

Ajijaack on Turtle Island

This spectacle of a show, featuring puppets, kites and aerial performance, is a coming-of-age tale that emphasizes connectedness with nature and animals. Specifically highlighted are Ojibwe, Lakota and Cherokee nations.
Jan. 27, 7 p.m.
Perelman Theater
300 S. Broad St.
kimmelcenter.org Free

MUSIC

Above & Beyond

The English trance trio, with members Jono Grant, Tony McGuinness and Paavo Siljamaki, has been a staple in the DJ scene since 2000. Here, they perform the best of their works, plus music from their album "Common Ground," out this month.
Jan. 25, 8 p.m.
The Fillmore
29 E. Allen St.
thefillmorephilly.com $30

MUSEUMS

ALL PHOTOS PROVIDED

Magical & Real: Henriette Wyeth and Peter Hurd, A Retrospective

New to the Michener Art Museum this week is an exhibit of the works of Peter Hurd, plus N.C., Andrew, Jamie and Henriette Wyeth, with paintings spanning the 50-year stretch of the 1920s to 1970s, consisting of mostly landscapes and portraits. It's an illuminating look at the evolution of husband-and-wife artists—local ones, at that. **Through May 6, Michener Art Museum, 138 S. Pine St. michenerartmuseum.org $18**

Haydn and Beethoven

Led by conductor Fabio Luisi and pianist Yefim Bronfman, this orchestral performance includes Beethoven's Piano Concerto No. 3 in C minor, the "London" Symphony No. 104 in D major and Wagner—a score derived from Celtic mythology. **Through Jan. 26**
Verizon Hall
300 S. Broad St.
philorch.org $39

Gabriel "Fluffy" Iglesias

Popular touring comedian Gabriel Iglesias brings the laughs to Parx Casino's new Xcite Center with his FluffyMania World Tour, celebrating 20 years of his comedy career. In addition to standup specials on Netflix, Iglesias, with his storytelling and parodies shtick, has also guest-starred in films like "Smurfs The Lost Village" and "The Nut Job." **Jan. 27, 7 p.m.**
Xcite Center
2999 Street Road, Bensalem
parxcasino.com $45

Ladies First

This female-oriented lineup doubles as a fundraiser for Puerto Rico hurricane relief. Performing is psycho-celtic band Sylvia Platypus, synth-pop artist Roxy Rollz, alt-rock band Prima Donna, soul-pop duo Danielle and Jennifer, and soul-funk band Mixed People.
Jan. 27, 7 p.m.
World Café Live
3025 Walnut St.
worldcafelive.com $10

DMX

New York rapper DMX, who's released seven studio albums since the '90s and a string of Billboard No. 1s, returns to the TLA for a performance of his greatest hits. DMX most recently contributed to 2016's "Deadpool" soundtrack.
Jan. 27, 8 p.m.
Theatre of Living Arts
334 South St.
tlaphilly.com $40

FITNESS

One Liberty Sunrise Yoga

Motivated yogis gather at sunrise–before the inevitable mimosa-filled brunches—to, quite literally, salute the sun. The class is led by ballerina Alexandra Gallo; a second session, for later risers, is available at 8:45 a.m.
Jan. 27, 7 a.m.
One Liberty Observation Deck
1650 Market St.
phillyfromthetop.com $20

FOOD & DRINK

Ciders, Sours and Stouts Pro Bowl Sunday

U-Bahn, BRU Craft & Wurst and Cinder band together to tap 85 kegs of hard-to-find sours, ciders and stouts—all carefully selected since Philly Beer Week. Lines are tapped at 10:30 a.m. at Bru, where sours are served; U-Bahn taps the stouts at noon; and Cinder, of course, taps the ciders at 2 p.m. Prices range from $7 to $10.
Jan. 28, Various locations
bruphilly.com; pay as you go

Maison 208 Prix-Fixe

Inside this gorgeous multilevel restaurant from executive chef Sylva Senat, test the menu with this limited-time prix-fixe option featuring—among other options—Kobe beef lollipops, herb-roasted chicken and beignets. Wine pairings are available upon request. **Through Jan. 31**
Maison 208
208 S. 13th St.
maison208.com $35

MISC.

Conversation Club

Led by the Japan America Society of Greater Philadelphia, gather with like-minded students of language who are learning Japanese or interested in Japanese culture. Attendees are welcome to bring their own refreshments.
Jan. 25, 6:30 p.m.
International House Philadelphia
3701 Chestnut St.
japanphilly.org Free

SpaRitual Earl Grey Body Experience

Borgata launches a new spa experience, based around SpaRitual organic and vegan Earl Grey bodycare products, with a continental breakfast party at The Water Club. Shel Pink, founder of SpaRitual, appears to talk about and sign copies of her new wellness book—which attendees get for free. **Jan. 27, 9 a.m.**
The Water Club at the Borgata
1 Borgata Way, Atlantic City
theborgata.com $65

2018 Philadelphia Auto Show

The annual paradise for car lovers returns this weekend with classic luxury and sports models to drool over, in addition to new models that offer a peek at the year ahead. There are even driving opportunities, plus an appearance of the Scooby Doo Mystery Machine and the 1970 Plymouth Roadrunner from "Furious 7." **Through Feb. 4**
The Pennsylvania Convention Center, 1101 Arch St.
phillyautoshow.com
$14 for adults (13 and over)
$7 for kids (7 to 12)
Free for kids 6 and under with a ticketed adult

LGBT

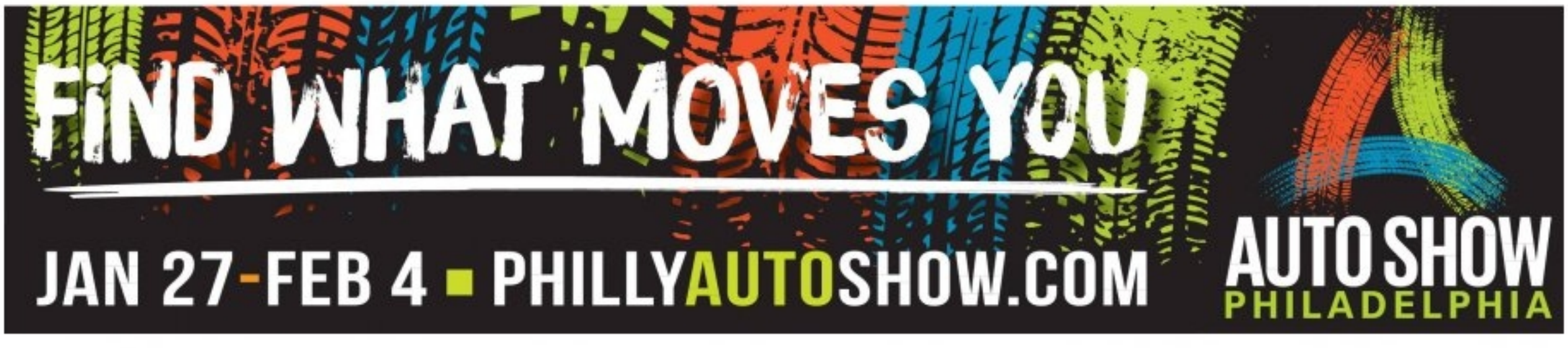
Rebel Self-Love Burlesque

Grabbing and running with a love-yourself theme, embrace positive thinking with these body-positive burlesque routines. Set to perform: Greta Grenade, Lexa Lucious, Vahn Tassels and more, with Mae Rose as emcee.
Jan. 25, 9 p.m.
Tabu Lounge & Sports Bar
200 S. 12th St.
tabuphilly.com $5

Star Wh*res

A sexy and totally tongue-in-cheek burlesque tribute to "The Last Jedi," the lineup—featuring Clara Coquette, Kyla Ren and Gayborhood mainstay Honeytree EvilEye—is hosted by Flirt Vonnegut. Stay for dancing and raffle prizes; VIP tickets secure reserved seating, complimentary beverages and a meet and greet with the performers. **Jan. 28, 7 p.m.**
Franky Bradley's
1320 Chancellor St.
frankybradleys.com $12

BRANDON BAKER



A Super Bowl breakfast treat fit for champions

And of course, it's green.

JENNIFER LOGUE
jennifer.logue@metro.us

With the Super Bowl less than two weeks away, Philadelphia Eagles fans are already putting plans into place to make the day even more special.

But have you thought about what you're eating for breakfast?

Enter Conshohocken-based Waffatopia, who's getting into the Super Bowl spirit by making a special edition waffle for The Eagles called #FlyEaglesFly.

The mint chocolate Belgian Liege-style caramelized waffle is available for a limited time and is the sweet, green creation of owners Brian and Andrea Polizzi.

Victory is sweet and green with these #FlyEaglesFly waffles. PROVIDED

"There's no question we've been Eagles fans for as long as we both can remember," says Brian Polizzi. "We couldn't forget the disappointment the first time we went up against the New England Patriots and lost only by a few points! Now, with an opportunity for redemption, [and a waffle business], we can help cheer on our Philadelphia Eagles with our very special mint chocolate chip waffle, of course inspired by the white, black and green colors of the Eagles' uniforms."

Belgian chocolate chips are mixed into Waffatopia's brioche-style Liege waffle dough, with a dash of peppermint and Belgian pearl sugar.

"These will also be great for a morning grab-n-go with a cup of hot chocolate, or even better as a green and white 'Eagles Sundae' with whipped cream, vanilla ice cream and chocolate sauce," adds Andrea Polizzi.

#FlyEaglesFly waffles are currently available with free shipping on the Waffatopia website, but you can also pick them up in person at their Waffary in Conshohocken.

For more information, visit: waffatopia.com.

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EAT LIKE AN INSIDER

Jennifer Salhoff

Chef Jennifer Salhoff was a finalist in "Hell's Kitchen," hosted by celebrity chef Gordon Ramsay. ALL PHOTOS PROVIDED

Find out where Philly's top chefs forage for food when off the clock.

JENNIFER LOGUE
jennifer.logue@metro.us

Le Meridien Philadelphia's chic French bistro, aMuse, has a new executive chef — Jennifer Salhoff. The restaurant veteran most recently served as executive chef at Cuba Libre in Old City and even made it to the final round in 2014 on the TV show "Hell's Kitchen," hosted by Chef Gordon Ramsay.

The 37-year-old hails from upstate New York and originally went to school for industrial design and movie makeup, but fell into the restaurant industry.

"I found I could be just as creative with food," she says. "It's just another form of art."

When Salhoff isn't creating masterpieces in the kitchen, she enjoys spending time with her kids and exploring Philly's vast culinary landscape. Here are some of her top picks on where to eat.

Best late night meal?

The best late night meal for me would be at **The Good King Tavern** *(614 S. 7th St.); they've got* great ambiance and strong cocktails! The steak tartare and the mussels are my go-to choices.

Best meal under $10?

You can get a great meal, reasonably priced, under $10, anywhere in **Reading Terminal** *(51 N. 12th St.).* Plus, I get to check out fresh produce for nightly specials.

Best hidden food gem?

Fond *(1537 S. 11th St.)* on East Passyunk is a foodie gem; they have great food and Lee is a very talented chef — always pushing the envelope. He's always changing the menu, so I'm always surprised.

Best place to send out of towners?

Since I work at a restaurant located in Le Meridien hotel, I deal with a lot of out of towners, so my first recommendation is **aMuse** *(1421 Arch St.).* If they're looking to venture out of the hotel, I recommend Barbuzzo — their Italian food is great. I really like their fresh pasta and Italian food appeals to most people, so it's always a safe bet that they will enjoy themselves.

Best date spot?

Double Knot *(120 S. 13th St.)* — the ambiance is great and it's dimly lit, which creates an intimate atmosphere for dates. The sushi is delicious!

Best place to catch up with friends?

A great place to catch up with friends is **Time** *(1315 Sansom St.).* They have communal seating, and whether we want to catch a great jazz band or just hang out in the whiskey bar, it's always a fun place to go together. I always get friends to try the bone marrow, and they're always shocked by how much they like it.

Best place to dine alone?

Good Dog *(224 S. 15th St.)* is a great place to grab a seat alone at the bar for a beer and to enjoy the company of great bartenders. They have rotating taps, which is always fun. Sometimes inspiration comes from the bottom of a glass! The Good Dog burger is probably one of the best in the city, and it comes with sweet potato and regular fries.

Most Instagrammable restaurant?

Maison 208 *(208 S. 13th St.)* is such a fun restaurant with incredibly photogenic cocktails.

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Europe's new capital of culture

Every year, a new city becomes the heart of the region's arts scene. Here's everything you need to see in 2018's honoree, Valletta.

Fodor's Travel

St. John's Co-Cathedral is a Baroque wonder. PAULLEW, FLICKR

St. John's Co-Cathedral

The 16th-century co-cathedral is noted for its opulent Baroque interiors — with vaulted ceilings and intricate carvings, there's a good argument to be made that it is one of the finest examples of Baroque architecture in Europe — as well as its collection of fine art. The church is home to a series of paintings depicting the life of St. John the Baptist by Italian artist Mattia Pretti, but its masterpiece is Caravaggio's "The Beheading of St. John the Baptist," which was completed in Malta.

Casa Rocca Piccola PROVIDED

The City Gate

Five different gates have guarded the entrance to Valletta over the past 450 years. The one that stands now was designed by "starchitect" Renzo Piano (best known for his work on London's Shard), the new sand-colored stone gate attracted much controversy (as well as admiration) for its contemporary design. Renzo's project also includes an open-air theater within the ruins of the former Royal Opera House and a new parliament building.

Spazju Kreattive at St. James Cavalier

The 16th-century fortification of St. James Cavalier was built by the Order of St. John to guard the entrance to Valletta. In 2000, this ancient space was transformed into a dazzling arts center. Now known as Spazju Kreattive ("creative space"), the historical site is home to a mix of Baroque and contemporary architecture and encompasses art galleries, a theater, a cinema, and a packed program of cultural events.

Casa Rocca Piccola

The 16th-century palazzo Casa Rocca Piccola is the family home of the 9th Marquis de Piro. The Marquis and Marchioness still live there and have opened part of the palazzo to the public, which you can visit on guided tours that are sometimes led by the couple themselves. Visitors can walk through a maze of rooms showcasing a variety of architectural styles, from art nouveau to Palladian; see parts of the family's art and antique collection, including glass chandeliers, jewelry, and religious artifacts; and get a unique insight into the privileged lifestyle of the aristocracy.

Blitz Art Gallery

Malta's first independent contemporary gallery, Blitz Art Gallery, is housed in a restored and repurposed 400-year-old four-story Valletta townhouse. Blitz supports experimental and radical arts practices through exhibitions, workshops, and a residency program, which invites artists to live and work in the building.

Gozo Contemporary

Run by the well-known Maltese artist Norbert Francis Attard, who represented Malta in the 48th Venice Biennale in 1999, Gozo Contemporary is located on the neighboring island of Gozo (an easy 20-minute ferry ride from Cirkewwa on the island of Malta). The space offers artists working in various mediums the opportunity to live and work on Gozo for short periods of time. They then have their work shown to the public in the gallery space.

Public Art

One of artist Francis Attard's most notable public works can be found in the rather unexpected surroundings of a public toilet in Valletta's old red light district of Strait Street. "V," named after the Thomas Pynchon novel that is partly set in the area, features a red shuttered window listing words beginning with the letter v on the outside and a neon light in the shape of a V and a sound piece inside.

Back around the redeveloped City Gate area, take a look at what piece of public art might be currently on display. One of the most memorable, and controversial, pieces of the last few years was a statue of a three-legged horse, symbolizing lost power, by the local artist Austin Camilleri.

Teatru Manoel

Back in Valletta, Teatru Manoel is thought to be the third-oldest working theater in Europe. Built in 1731 on the orders of the Grand Master of the Knights Hospitaller, the theater is a Baroque gem with gold leaf-decorated boxes and a trompe-l'oeil ceiling. As well as catching one of its many productions in Maltese or English, you can take a guided tour of the theater and adjoining museum.

Valletta 2018

In celebration of the launch of the Valletta 2018 cultural program, the Valletta 2018 Opening Ceremony takes place on the 20th of January 2018. The full opening celebrations, however, will take up an entire week from the 14th to the 21st, bringing live music, dancers, street artists, and performers to the city's four main squares—St George's Square, St John's Square, Castille Square, and the area around the Triton Fountain—as well as some lesser-trafficked historic spaces all around Valletta.

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10 DAYS
SUPER BOWL COUNTDOWN

Eagles, Patriots last Super Bowl meeting eerily similar to this one

The Eagles and Patriots will battle again, 13 years later in Super Bowl LII.

LUKE MILLER
sports@metro.us

As many Eagles fans no doubt remember, the Birds fell to the Patriots in Super Bowl XXXIX 24-21.. GETTY IMAGES

Obvious comparisons have been drawn between the current Eagles playoff run and the last time they reached the Super Bowl, following the 2004 NFL season. The similarities are pretty striking. In 2004 they wrapped up the No. 1 seed and home field advantage at 13-3, then faced (and defeated) the Vikings and Falcons to advance to the Super Bowl against the defending champions: the New England Patriots.

When last these two teams met ...

The story was different

When the Eagles and Patriots met in Super Bowl XXXIX 13 years ago it was the culmination of two dynasties. One was a little more decorated than the other, but it would be the peak of Andy Reid's 14 seasons in Philadelphia and the last championship for New England until 2015. Bill Belichick and Tom Brady (and a rookie Vince Wilfork) are all that connect the two championship squads.

The Patriots had won two of the last three Super Bowls, both introducing the world to the comeback victories they would perfect in 2017 against the Falcons. By this point they were the established franchise of the NFL, though they had begun their journey as the third largest underdog in Super Bowl history (14 point dogs to the 2001 Rams.)

Throwing the word dynasty out at the early 2000s Eagles might be a bit much, but they were coming off four straight division titles, four straight NFC Championship game appearances and were, through this game, the model of consistency for an NFL franchise. Consider it a term applied relative to the 2017 birds.

Leading up to the Super Bowl in 2005, both the Eagles and Patriots won all their playoff games by more than one score. Unlike the present day incarnation, the Eagles were favorites in their two NFC games at home, by six points against the Falcons and eight points against the Vikings. Despite that, they were actually bigger dogs heading into the big game. The Patriots were favorites by seven points in 2005, compared to just 5.5 today.

But ... the teams were pretty similar

When you look to compare the 2017 Eagles and 2017 Patriots to their 2004 counterparts, the biggest difference and biggest similarity is immediately clear. For Philadelphia, in 2004, the Eagles had their franchise quarterback and MVP candidate under center. In 2017, he's on the sideline with a cane. For New England, Belichick and Brady remain the faces of the organization.

Beyond the quarterback position, the current Eagles start to look a lot more like the past ones. The 2004 breakthrough was fueled by the off-season additions of Terrell Owens and Jevon Kearse. This season free-agent signings Alshon Jeffery and Torrey Smith both caught 40-yard touchdowns in the NFC Championship. Chris Long and Patrick Robinson recovered turnovers. In both seasons, those free agents were being added to a core forged through the draft.

McNabb, Brian Westbrook, Tra Thomas, Corey Simon, Lito Sheppard, and Sheldon Brown were all draft picks that starred in 2004. Just like Nelson Agholor, Zach Ertz, Jason Kelce, Lane Johnson, Brandon Graham, Fletcher Cox, Mychal Kendricks, and Jalen Mills have built the skeleton of the 2017 NFC champions.

Both Eagles teams had veteran free agent signings that it's hard to picture as anything but Eagles: Jon Runyan and Malcolm Jenkins. Jeremiah Trotter had come home. So has Nick Foles. Both teams got leadership from Jenkins and Brian Dawkins at the safety position that seemed more impressive with each passing game.

New England looks a little different after all these years. They rely on Brady and the passing game in a way they didn't in 2004. Back then, threw the football 474 times. This season: 581. Their premiere pass-catcher the first time these teams met was eventual Super Bowl MVP Deion Branch. A good performance, to be sure, but a far cry from the lineup of Rob Gronkowski, Brandin Cooks, Danny Amendola, and Chris Hogan.

They were focused much more on rushing and defense. Corey Dillon had 1,635 yards on the ground for the 2004 Patriots. In the committee setting of 2017, Dion Lewis led New England with half that total. The 2004 defense featured stars at every level: Willie McGinest, Richard Seymour, Tedy Bruschi, Asante Samuel, Rodney Harrison. The 2017 defense still has some household names in the secondary (Malcolm Butler, Devin McCourty) but lacks a single Pro Bowl or All-Pro selection. The 2004 team ranked ninth in the league in yards allowed, 2017 sits 29th.

The final similarity to 2004: the coaches. Bill Belichick is, of course, pretty similar to Bill Belichick. And Doug Pederson, rightly or wrongly, has always been viewed as an extension of and throwback to the Reid era in Philadelphia. It's hard to put yourself back in Christmas 2015 and imagine the Eagles where they are today.

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Respectable report card in first half for Flyers

The Flyers have played their way into a playoff spot after a sluggish start.

ERIC GOLDSTEIN
sports@metro.us

Regardless of Thursday's outcome when they host the Lightning, the Flyers will coast into this weekend's All-Star Game in Tampa Bay in a playoff spot.

Considering they went 10 games without a victory in November and were maddeningly inconsistent throughout most of the year, to sit tied with the Devils for second place in the Metro heading into Wednesday's games is no small feat.

So, on the eve of the unofficial midway point of the season, it's time to issue Metro's team grades for the first half.

Grade: C

The Flyers have one of the NHL's best records since ending their 10-game skid last year. ALL PHOTOS GETTY IMAGES

The defense

Given the inexperience on the blue line, which has included at least two rookies, the unit has held its own. Led by second-year player and recently turned 21-year-old Ivan Provorov, the defense is ranked 18th in the league in goals against and has given the team a chance to win nearly every night. The penalty kill, ranked fourth worst in the league, has been putrid.

Grade: C+

The goaltending

After a shaky start, newcomer Brian Elliott solidified the starting role and has been the team's best player on most nights. Elliott started 17 of 18 games over December and January and was named an NHL Star of the Week twice during the stretch while backup Michal Neuvirth was sidelined with an injury. Since his return, Neuvirth has been stellar – but needs to remain healthy.

Grade: C+

The coaching

Dave Hakstol gets credit for pulling the right levers on line combinations, especially moving Couturier to the first line, Giroux to wing, and lately bumping Travis Konecny to the top line and for not pressing the panic button during the 10-game slide. His team needs to get off to better starts in games and not play down the competition. As noted, the power play and penalty kill units have plenty of room for growth..

Grade: C-

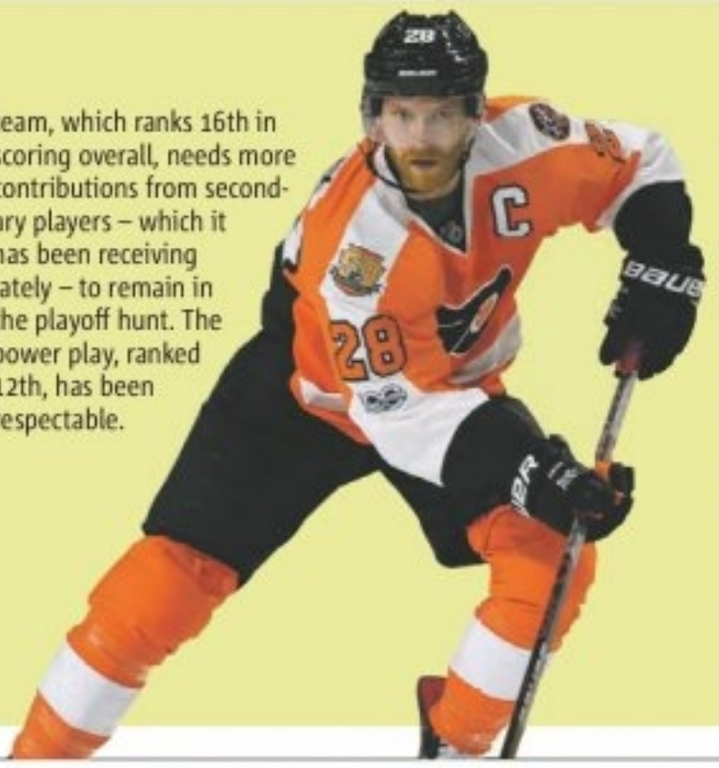
The rookies

Out of the five rookies on the opening night roster, which was the most in 25 years, only defenseman Robert Hagg has shined. No. 2 pick Nolan Patrick got off to a slow start, then missed nine games due to a concussion and only recently has started to look comfortable.

Grade: B-

The offense

It's been mostly feast or famine. Claude Giroux and Shayne Gostisbehere, who each battled back last year from offseason surgery, and Jake Voracek are enjoying tremendous bounce-back seasons. Plus, Sean Couturier has entered the conversation for the Selke Award, given to the best defensive forward, with a career-high 26 goals. However, the supporting cast, including Wayne Simmonds, has been slow to pick up the rest of the slack. The team, which ranks 16th in scoring overall, needs more contributions from secondary players – which it has been receiving lately – to remain in the playoff hunt. The power play, ranked 12th, has been respectable.



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Villanova still the team to beat despite loss of Booth

Villanova will be missing one of their top players as the stretch run in Big East play arrives.

JON MARKS
sports@metro.us

You know all about the dogs, who'll be sporting masks rather than wings when the Eagles head to the Super Bowl. But don't forget about the Cats.

Because Villanova is already No. 1 throughout the land. And giving no inclination of relinquishing that distinction anytime soon. If only because they're getting used to having that bull's-eye on their chests.

"The good thing is we went through this last year and kind of learned from it," Jay Wright said after the 19-1 Wildcats solidified their hold on the top spot Tuesday with a 89-69 win over Providence. "You watch film and teams will play different styles against you and play at a much higher intensity level. So the team you get is not the team you see on film all the time. But I think we're handling it better this year."

Over the last three seasons Nova has held the No. 1 ranking 16 weeks, six of the past seven this season. Rather than stumbling, for the most part they've been beating up the opposition, pounding Georgetown and Connecticut into submission on the road last week by 32 and 20 points respectively. But Wright knows there will come a time when the Cats will have to claw for their lives.

And it might come sooner than later after word came out yesterday afternoon that starting guard Phil Booth, who missed most of last season with a knee injury, will be out indefinitely. The 6-foot-5 Booth, averaging 11.6 points while shooting at a 43.0 percent clip from 3-point range, fractured his shooting hand during the second half

That will surely test the depth of a team not that deep to begin with, though freshman guard Collin Gillespie, who recently returned from a wrist injury figures to be pressed into more duty.

Villanova will also need the kind of production they got the other night from big men Eric Paschall (17 points), Omari Spellman (16) and Dhamir Cosby-Roundtree (11) who picked up the slack from stars Jalen Brunson and Mikal Bridges.

"I knew when I came here I'd he playing with other great players," said Paschall, Nova's sixth leading scorer at 10.0 per game. "When I transferred [from Fordham] I knew I was going to a winning program and culture. This program has a great history, so it's a blessing just to be here."

Once they recover from the shock of losing Booth, they'll study the film before heading to Marquette for a Sunday matinee.

"You don't want games like this, but you need them and you learn from them," explained Wright, whose club hosts Creighton a week from tonight, followed by a Super Bowl Sunday noon date with Seton Hall. "We'll learn much more from this one than the others."

One thing they'll learn is even when they're not at their best — starting off just 3-for-14 and getting out-rebounded 44-33 — they can still go off at any time and turn nail biters into blowouts. That's why with the NCAA's Big Dance only seven weeks away Villanova is again looking very much like the team to beat.

And why Philadelphia just might soon be reigning Cats — and Dogs.

Eric Paschall is becoming more and more important for the Wildcats. GETTY IMAGES

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City of Philadelphia Public Hearing Notice

The **Committee on Rules** of the Council of the City of Philadelphia will hold a Public Hearing on **Wednesday, January 31, 2018**, at **3:30 PM**, in **Room 400, City Hall**, to hear testimony on the following item:

170968 Resolution authorizing the Committee on Rules to hold hearings examining the challenges faced by Registered Community Organizations from abusive lawsuits commonly known as Strategic Lawsuits Against Public Participation, discussing solutions thereof, including examining means of holding abusive litigants accountable, and authorizing the issuance of subpoenas to compel the production of relevant witnesses and documents.

Immediately following the public hearing, a meeting of the Committee on Rules, open to the public, will be held to consider the action to be taken on the above listed item.

Copies of the foregoing item are available in the Office of the Chief Clerk of the Council, Room 402, City Hall.

Michael Decker
Chief Clerk

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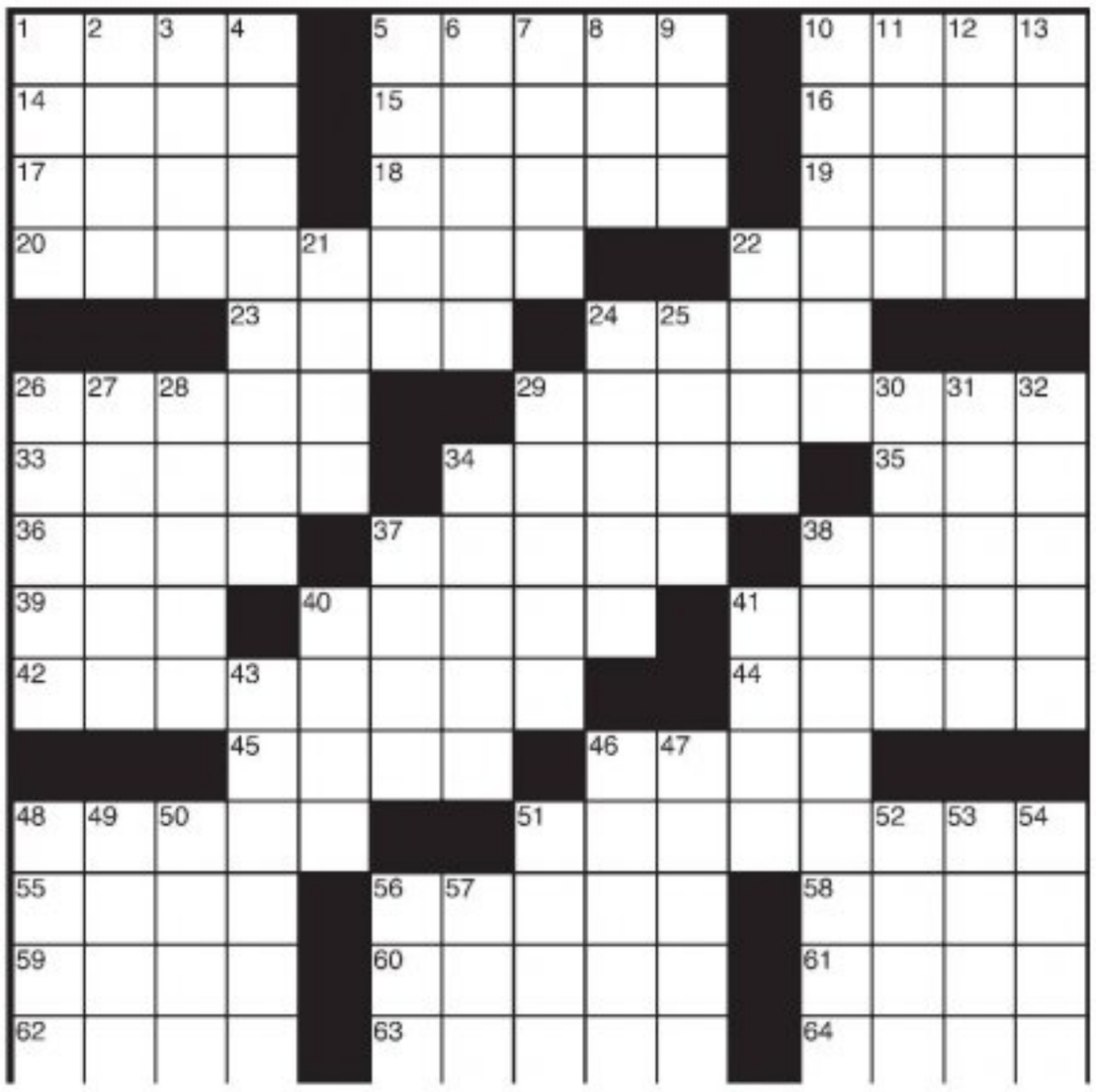

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metro.us/horoscopes

Aries Indulgent behavior will get you into trouble. Partnerships will take a dive if you aren't a team player. Choose to make a romantic gesture over a hostile impasse.

Taurus Engage in talks that will broaden your outlook or help you make wise decisions regarding your position, status or relationships with others.

Gemini Discussing matters regarding a joint venture, family inheritance or settlement will shed light on when things will wrap up. A personal claim can be made.

Cancer Don't shy away from an unusual opportunity. Embrace the future with optimism and openness. You have plenty to gain if you use your intelligence.

Leo Overreacting will lead to trouble. Try to understand what's actually happening, instead of acting on an assumption you've made. Keep situations in perspective.

Virgo A short trip to visit someone from your past will be enlightening. If you express your feelings openly, you'll discover that someone you like shares your thoughts.

Libra Look over and take care of money matters or settlements. Act on your own behalf and refuse to let personal influences get in the way of you doing what's right.

Scorpio Your emotions will be close to the surface. Get what's bothering you off your chest. Speak up and find out how others feel before you make a move or final decision.

Sagittarius Discipline will go a long way. Sort through all the information offered before you commit to help someone else get ahead. You'll have regrets if you sell yourself short.

Capricorn Make a positive lifestyle change. Contribute to your savings and update any documents before they lapse. Home improvements should be budgeted carefully.

Aquarius Keep a low profile and work quietly on your own to get things done. Refuse to let personal matters deter you from taking care of your responsibilities.

Pisces Share your experience with people you want to impress. A chance to make a difference for someone will be helpful when you need something in return. EUGENIA LAST

Yesterday's answers

T	A	T	A	R	■	A	N	N	A	■	E	L	E	C
B	R	Y	C	E	■	R	O	O	T	■	M	I	N	A
A	I	M	E	D	■	U	T	I	L	■	I	R	A	S
R	E	P	■	T	I	B	E	R	■	S	N	A	C	K
■	■	A	M	A	N	A	■	■	C	H	E	S	T	■
B	E	N	I	G	N	■	S	T	O	R	M	■	■	■
O	P	U	S	■	■	O	H	A	R	E	■	W	A	D
D	E	M	O	L	I	T	I	O	N	D	E	R	B	Y
Y	E	S	■	O	A	T	E	S	■	■	R	I	L	E
■	■	■	L	O	G	O	S	■	L	O	G	G	E	D
■	A	L	A	M	O	■	■	B	E	F	O	G	■	■
N	E	E	D	S	■	B	R	I	E	F	■	L	A	B
O	R	A	L	■	M	I	E	S	■	E	V	I	T	A
G	I	V	E	■	O	L	I	O	■	R	I	N	K	S
S	E	E	D	■	T	E	N	N	■	S	A	G	A	S

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Depression is Real.

So Are Your Options...

A clinical research study is currently evaluating an investigational drug for its safety and effectiveness in the treatment of Major Depressive Disorder.

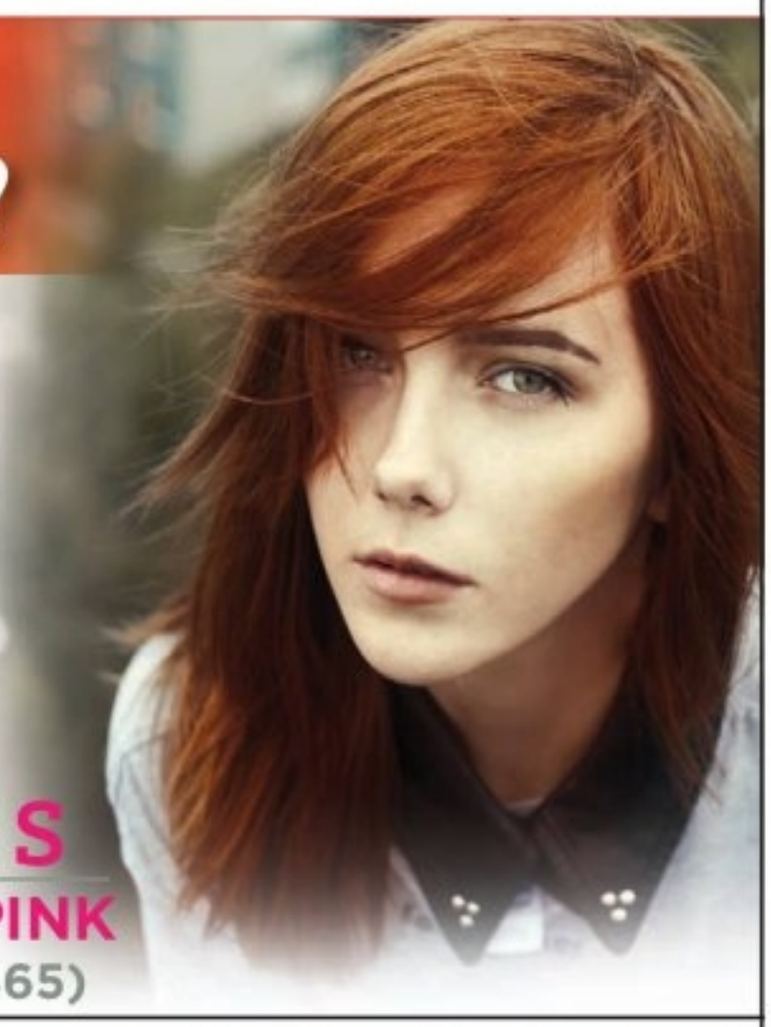
IF YOU CAN ANSWER ***YES*** TO THESE QUESTIONS, YOU MAY BE ELIGIBLE TO PARTICIPATE.

- ☑ Are you 18 – 65 years old?
- ☑ Not getting adequate results with your current antidepressant therapy?
- ☑ Diagnosed with Major Depressive Disorder?

TO LEARN MORE: 844-PRA-PINK

PRAstudies.com/Marlton

HAS YOUR ADOLESCENT CHILD BEEN DIAGNOSED WITH MAJOR DEPRESSIVE DISORDER?



If so, he or she could qualify for a medical research study being conducted by PRA Health Sciences in Marlton. Qualified individuals for this study should be between ages 12 and 17. To qualify for this study, your child should have a caregiver who can be responsible for monitoring, providing information, overseeing the administration of the investigational product and accompanying the patient to all study visits.

Those who qualify for this study may be compensated for travel and other expenses related to study participation. Transportation is available.

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DO YOU KNOW SOMEONE WHO HAS BEEN DIAGNOSED WITH SCHIZOPHRENIA OR SCHIZOAFFECTIVE DISORDER

If so, that person could qualify for a medical research study being conducted by PRA Health Sciences in Marlton. Qualified participants for this study should be between ages 18 and 55. This individual should not currently be on antipsychotic treatment other than oral risperidone. Females should not be pregnant or about to become pregnant.

Those who qualify for this study may be compensated for travel and other expenses related to study participation. Transportation is available.

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